

We claim:

- Sub a11*
1. An apparatus, comprising:  
a ball;  
at least one timer integrated with the ball for measuring at least one time period;  
at least one sound generator integrated with the ball; and  
the at least one sound generator for producing at least one sound based on the at least one time period.
  2. The apparatus according to claim 1, wherein the at least one sound generator produces the at least one sound at the end of the at least one time period.
  3. The apparatus according to claim 1, wherein:  
the at least one timer is mounted on the surface of the ball.
  4. The apparatus according to claim 3, wherein:  
the at least one sound generator is mounted on the surface of the ball.
  5. The apparatus according to claim 1, comprising a reset.
  6. The apparatus according to claim 1, comprising a display mounted on the surface of the ball.
  7. The apparatus according to claim 1, comprising:  
at least one control panel;  
the at least one control panel, comprising:  
at least one reset; and

at least one count period select.

8. The apparatus according to claim 7, wherein at least one of the at least one control panels has at least one display.

9. The apparatus according to claim 7, wherein the at least one reset is a push button.

10. The apparatus according to claim 9, comprising a cover panel.

*Sub a2* 11. ~~The apparatus according to claim 1, comprising:  
a receiver integrated with the ball; and  
at least one remote control capable of sending signals to the receiver;~~

12. The apparatus according to claim 11, wherein the at least one remote control sends at least a reset signal.

13. The apparatus according to claim 12, wherein the at least one remote control sends at least a count period select signal.

14. The apparatus according to claim 1, comprising:  
a receiver integrated with the ball; and  
a proximity controller.

*Sub a3* 15. ~~The apparatus according to claim 14, wherein the proximity controller is capable of sending a signal to the receiver when the ball is within a predetermined distance such that the received signal actuates the reset.~~

16. The apparatus according to claim 1, comprising:  
a motion detector integrated with the ball.

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18. ~~An apparatus, comprising:  
a ball;  
means for measuring at least one time period; and  
means for indicating the end of the at least one time period.~~

19. The apparatus according to claim 18, comprising:  
means for resetting the measuring means.

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20. ~~The apparatus according to claim 18, comprising:  
means for selecting the at least one time period.~~

21. ~~An apparatus, comprising:  
a ball having a surface and at least one internal cavity;  
at least one timer for measuring at least one time period; and  
the timer integrated with the ball.~~